BENGALURU, WEDNESDAY, JULY 1, 2026 www.Bangaloremirror.com 16 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 26 | Min 22 | Humidity 74% Light rain Sensex 76,478 | Nifty 23,865 | Gold 1,42,718 | Silver 2,26,511 | Dollar 94.57 | Euro 107.96 | GBP 125.26

WHO IS RESPONSIBLE?

As blood samples of brothers of victim of sewage treatment plant mishap collected to establish relationship, activists demand action against those responsible for deaths

PAGE 4

NIP IT IN THE BUD

Environmentalists say authorities must take measures to stop production of plaster of Paris idols rather than just conducting knee-jerk raids on shops

PAGE 7

Scientists find microplastic in groundwater drawn from hard rock acquifiers at depth of around 100 mt; residents of affected areas drinking untreated borewell water could ingest around 1,100 microplastic particles a year through drinking water alone

WHAT LIES BENEATH

Poorly managed domestic and agricultural plastic waste causing contamination

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PAGE 2: GRIM GROUND REALITY

Microplastics have now reached a place once believed to be naturally protected from pollution: Deep underground drinking water.

A first-of-its-kind study by the Indian Institute of Science (IISc), Bengaluru, and the Vellore Institute of Technology (VIT) detected microplastic particles in groundwater drawn from hard rock aquifers in eastern Karnataka, at depths of 60 to 100 metres. Published in the latest issue of Current Science (Vol. 130, No. 6), the findings challenge the long-held belief that groundwater trapped within ancient granite and gneiss rock formations remains insulated from modern pollution.

Researchers collected groundwater samples from 25 borewells across 18 rural locations during two phases between November 2024 and February 2025. Most samples contained microplastics, with concentrations reaching up to three particles per litre. While the number may appear modest, scientists say the significance lies in the fact that these particles have penetrated deep geological formations previously considered pollution-free.

The study by R Srinivasan, SA Pandit, S Mahenthiran, G Gowrisankar and R Devananth from IISc Bengaluru and VIT Vellore, identified seven common plastic polymers in the water, including polyethylene (PE), polypropylene (PP), polyethylene terephthalate (PET), polystyrene (PS), low-density

CONTINUED ON PAGE 8 »

> **“While current evidence does not prove that the levels detected will immediately cause disease, studies across the world have increasingly found microplastics in human blood, lungs, placentas and even newborn babies**
>
> —Dr Venkatata Raju, physician

Just one big number game

Choice of single species, too little space between saplings and other such issues mar BDA’s massive plantation drive

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The Bangalore Development Authority’s (BDA) recent attempt to secure a Guinness World Record by planting 15 lakh saplings across Bengaluru within 12 hours has come under sharp criticism from citizens, environmentalists and tree activists.

Citizen groups and environmental experts have alleged that the massive plantation drive, carried out on Sunday (June 28) at multiple locations across the city, has reduced the concept of urban greening to a mere numbers exercise.

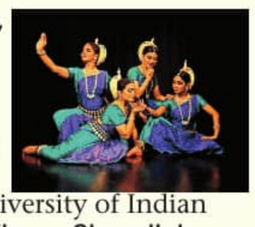
They argue that, instead of creating ecologically rich biodiversity islands under the initiative, many sites were planted with monoculture species, disregarding basic scientific principles of ecological restoration and urban afforestation. Experts contend that such plantations, if not planned with species diversity, site suitability and long-term maintenance in mind, are unlikely to deliver the intended environmental benefits and could undermine the objectives.

Experts point out that saplings at several locations were planted barely 1 to 1.5 feet apart, despite native tree species such

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Classical carnival



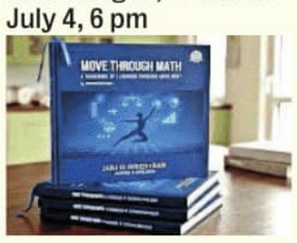
The Academy of Music (Regd), Chowdiah Memorial Hall, Vyalikaval, is set to present 'Nrutya Rangoli 2026', a prestigious three-day national dance extravaganza celebrating the richness and diversity of Indian classical dance traditions. Where: Chowdiah Memorial Hall; When: July 10 to 12

02 Crafted collections

Flo Sante 2026 offers a one-day curated shopping experience bringing together a wide range of women-led brands across fashion, jewellery, home décor, lifestyle, food and more. Where: Princess Shrine; When: July 3, 10 am

03 Counting on rhythm

Atta Galatta is hosting the launch of Move Through Math, a handbook for parents and educators of children aged 5–10, introducing embodied, culturally grounded approaches to learning mathematics through movement, rhythm and spatial awareness. Where: Atta Galatta, Indiranagar; When: July 4, 6 pm



04 Add some drama

Madari Productions presents Dirty Biryani, a drama comedy musical that celebrates womanhood. The story follows three eccentric women who meet serendipitously, ensuing chaos and craziness as events take surprising turns. Where: Jagriti Theatre; When: July 11, 3.30 pm, 7.30 pm

05 Hands-on hues

A hands-on Natural Dyeing Workshop introduces beginners to sustainable textile dyeing, exploring fabric preparation, mordanting and colour development through step by step demonstrations. Where: Atta Galatta, Indiranagar; When: July 4, 12 pm

Persistent harmful ozone threatens city's air quality

Data shows consistently long daily ozone exposure across Bengaluru, with concentrations staying above safe limits for 15.9 hours on average daily, raising concerns over effects on public health

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Ground-level ozone is emerging as a major air pollution challenge in Bengaluru, with a new analysis by the Centre for Science and Environment (CSE) showing that the city is witnessing prolonged exposure to the harmful pollutant during summer months.

Of 25 major Indian cities analysed between March 1 and May 10, 2026, Bengaluru recorded 55 days when the eight-hour National Ambient Air Quality Standard (NAAQS) for ozone was found to have exceeded.

The city also reported one of the longest durations of daily exposure, with ozone concentrations remaining above safe limits for an average of 15.9 hours in a day, thereby placing it among the worst-affected cities across the country.

Experts say that, traditionally considered to be a daytime pollutant, ozone is now persisting after sunset due to atmospheric conditions that prevent its rapid breakdown.

Bengaluru recorded 14 nights with ozone levels exceeding the prescribed standards, second only to Delhi-NCR (which recorded 46 such nights).

While Delhi-NCR remains the country's largest ozone hotspot, CSE says Bengaluru is among the cities where ozone pollution is expanding both spatially and in duration.

Stricter emission controls and transition to cleaner alternatives may help ease city's rising air pollution burden

Ground-level ozone is not emitted directly. It forms when nitrogen oxides (NOx) and volatile organic compounds (VOCs), largely released from vehicles, industries and other combustion sources, react under intense sunlight and high temperatures. According to CSE, rising temperatures and increasing emissions are accelerating ozone formation, making it a growing year-round concern rather than a seasonal problem.

"Our six-year data analysis (2021-2026) shows that ground-level ozone is transforming India's air pollution profile from a winter-time particulate matter problem into a year-round, transboundary crisis that peaks during summer," said Anumita Roychowdhury, Executive Director of CSE and the lead author of the study.

The report warns that prolonged exposure to ozone can damage lung tissue, trigger asthma attacks, worsen respiratory illnesses and increase the risk of cardiovascular diseases, strokes and chronic obstructive pulmonary disease (COPD). Medical experts cited in the study have also observed a rise in respiratory flare-ups during summer, although they recommend dedicated epidemiological studies to establish direct links with ozone exposure.

Experts say that, traditionally considered to be daytime pollutant, ozone is now persisting after sunset due to atmospheric conditions that prevent its rapid breakdown

The researchers have called for the next phase of the National Clean Air Programme (NCAP) to move beyond particulate matter and adopt a multi-pollutant strategy that targets ozone-forming gases such as NOx and VOCs.

The study also recommends an airshed-based approach to pollution control, arguing that ozone and its precursor gases travel across city and state boundaries. Experts suggest tighter controls on vehicular and industrial emissions, cleaner combustion technologies, and a faster transition to zero-emission transport to curb the growing ozone burden.

Lalbagh gets its first glass restroom with modern amenities

Visitors to Lalbagh will soon have access to the park's first glass restroom, a modern facility built at a cost of Rs 30 lakh near the museum under the CSR initiative. The restroom inaugurated on Tuesday, addresses a long-standing gap between the main gate and Double Road gate, where no public toilet was available despite the park already having eight restrooms. Designed with reflective glass that blends with the surrounding greenery, the facility also features skylights for natural lighting, CCTV surveillance for safety and QR code-enabled digital payments. A user fee of Rs 6 has been fixed. The restroom will remain open throughout the day with two dedicated housekeeping staff to ensure cleanliness. Designed to be accessible for all age groups, it includes low-height wash basins for children, baby diaper changing stations and a nursing room for mothers. — BMB

All interrupted EPFO services likely to resume from today

What you need to know about EPFO's 2026 digital revamp and its impact on operations

As the EPFO has been carrying out its portal upgrade for a few days, several online EPFO services are temporarily unavailable. These services include filing Employees' Provident Fund (EPF) claims through both the EPFO portal and the UMANG app.

The Employees' Provident Fund Organisation (EPFO) had announced that its member portal, employer portal and UMANG app services will be temporarily unavailable due to scheduled system migration from June 26 to 30, 2026. This upgrade is aimed at providing faster, reliable and secured services to its stakeholders, said EPFO in a statement on its official website.

When will EPFO resume its online services?

In its statement, the EPFO had said, "From June 26, 2026, 12 am, until June 30, 2026, at 11.59 pm, various services including Employees' Provident Fund (EPF) claims through the portal and on UMANG app will be temporarily unavailable."

Thus, interrupted EPFO services are expected to resume from July 1, 2026.

Which EPFO services will be affected?

The EPFO says that during the migration period, EPFO members will not be able to avail various services.

Members will not be able to submit new EPF claims or track the processing of existing claims during the migration period.

Employers will be unable to file Electronic Challan-cum-Return (ECR) while the system upgrade is underway.

UAN linking for newly joined employees won't be available during this period.

Also, members will not be able to access or download their e-Passbooks until the services are restored.

EPFO services on UMANG app

The Unified Mobile Application for New-age Governance (UMANG) app is an official government platform that allows users to easily access Employees' Provident Fund Organisation (EPFO) services on their smartphones without needing to visit an EPFO office.

Many EPFO services remain temporarily unavailable on the Umang app during the maintenance period.

Users can use the UMANG app to check their PF balance, raise claim, apply for a scheme certificate or a UAN, seed UAN with Aadhaar, check claim status, search for establishment, view EPFO office address, register grievance and apply for the Jeevan Pramaan certificate.

How to check EPF balance using call

If you are registered on the UAN site, you can access your EPF balance information by making a missed call from your registered mobile number to 011-22901406. Make sure that your bank account information, Aadhaar and PAN are seeded into your UAN. You might even request that your employer plant them for you. There is no charge for this service.

How to check EPF balance by sending SMS

Sending an SMS to 7738299899 will provide you with information regarding your most recent contribution and the PF balance if your UAN is registered with the EPFO. You must transmit the following message:

EPFOHO UAN ENG. The desired language's first three letters are "ENG." Therefore, type EPFOHO UAN HIN to receive the message in Hindi.

Make sure that your UAN is seeded with your bank account, Aadhaar and PAN, or update the latest information.

— ETOnline

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13 Days AUSTRALIA
Rs. 3,17,000/-* PP
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Rs. 44,200/-* PP
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Dep: Every Wednesday
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KEA gives candidates another chance to add course option entries

As per the directives of the Karnataka Examinations Authority (KEA), admission option entry for professional courses under UGCET-2026 has closed. However, candidates who have not yet entered their options will be given another chance to do so after the mock seat allotment results are announced. The authority also stated that there is no need for panic at this stage and advised candidates to note down their preferred colleges and courses on paper until the mock results are formally released. Following the first round of mock seat allotment results, candidates will be allowed to submit fresh options or modify existing ones. New candidates have also been instructed to submit their options during this period.

— BMB

Banashankari residents flag accident-prone junction

Residents of Banashankari 3rd Stage have raised serious concerns over the safety of a road junction near Ganesha Temple on Kathriguppe Water Tank Park Road, 2nd Cross. According to them, the spot has witnessed multiple accidents and is emerging as an accident hotspot. With vehicles overspeeding and the absence of speed breakers, the area continues to remain dangerous and unpredictable for commuters.

Locals claim that the spot also poses a threat to pedestrians, senior citizens and children. Residents have urged

the authorities to conduct an in-depth inspection and implement road safety measures such as speed breakers, warning sign boards and traffic-calming interventions to curb future fatalities.

Responding to a post and discussion on X, Bengaluru Traffic Police acknowledged the complaint and passed it on to the Banashankari Traffic Police division for further inquiry.

— BMB

DNA samples taken in STP mishap probe

As per judicial directions, medical staff from Bowring and Lady Curzon Hospital collect blood samples from victim's siblings for identification

File photo of officials inspecting a Bengaluru sewage treatment facility

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Blood samples of two brothers of one of the victims of the Sewage Treatment Plant (STP) tragedy were collected on Tuesday at Bowring and Lady Curzon Hospital for DNA testing, following a directive from the II Additional Chief Judicial Magistrate.

Brijesh and Akhilesh lost their lives in the mishap on June 18. In an order dated June 25, the Magistrate instructed the Station House Officer of Varthur Police Station to ensure that Sikandar Raja Vamshi and Akhilesh Raja Vamshi were produced before the court on June 30 for blood sample collection. The Medical Officer of Bowring and Lady Curzon Hospital was also directed to be present with the necessary equipment to carry out the procedure.

The II Additional Chief Judicial Magistrate, in an order dated June 25, 2026, permitted the investigation officer to add relevant Sections 7, 8, and 9 of the Prohibition of Employment as Manual Scavengers and their Rehabilitation Act 2013. Prior to this, the investigation officer sought permission to add Section 7, 8, and 9 of the Prohibition of Employment as Manual Scavengers and their Rehabilitation Act 2013 to the existing Sections 125, 106 of the Bharatiya Nyaya Sanhita (BNS). Reports indicate that the accused company and contractor allegedly violated major guidelines. The victims, Agilan and Akhilesh, were reportedly made to work beneath the wet well coarse screen gate, where they fell into a manhole while attempting to clean it. Both men tragically lost their lives in the incident. Section 7 of Prohibition of Employment as Manual Scavengers and their Rehabilitation Act 2013, prohibits any person or an agency from engaging or employing anyone to perform the hazardous cleaning of sewer or septic tank without proper protective gear and safety precautions. Section 8 of the law prescribes punishment for unlawfully hiring manual scavengers or enforcing banned employment contracts. For a first offence, the penalty can be imprisonment of up to one year, a fine of up to Rs 50,000, or both. For subsequent offences, imprisonment may extend to two years, with fines up to Rs 1 lakh, or both. Section 9 specifically addresses the hazardous cleaning of sewers and septic tanks without adherence to safety protocols.

Activists seek strict legal action against those found to be responsible for death of workers at sewage treatment facility

Earlier, police registered a case under Sections 106 and 125 of the Bharatiya Nyaya Sanhita (BNS). Section 106 applies when a careless or reckless act results in death without intent to kill, while Section 125 penalises rash or negligent acts that endanger human life or personal safety. A delegation of activists met Bangalore Water Supply and Sewerage Board (BWSSB) Chairman Manjula N seeking stringent action against those responsible for the deaths. "I welcome the DNA test for the brothers of one of the victims. The mortal remains of the victim were in pieces. The DNA test will help to confirm the link between the victim and his biological brothers," said T Narasimha Murthy, a social activist.

Vidhana Soudha photo row turns violent

Four Nepali nationals were arrested by the Vidhana Soudha police following a violent street brawl between two groups near Vidhana Soudha, reportedly triggered by an argument while taking photographs.

The incident took place on the evening of June 28 around 5:30pm on the footpath in front of Vidhana Soudha. According to police, the clash began when one group allegedly objected to the other during a photo session, leading to a heated verbal exchange.

The argument soon turned violent, with members of both groups allegedly assaulting each other in full public view, causing panic among passers-by and drawing immediate attention in the high-security area.

Following a complaint, Vidhana Soudha police registered a case and launched an investigation. Four youths involved in the altercation have been arrested and remanded them in custody. Police are also probing the involvement of others and are investigating the exact sequence of events. —BMB

No high road for dope dealers anymore

Criminal networks suffer repeated blows as investigators uncover staggering quantities of illicit substances

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Karnataka's crackdown on narcotics has revealed the staggering scale of the drug menace, with police seizing drugs worth an average of ₹5.1 lakh every hour between January 1 and May 31 2026.

Official statistics show that drugs worth ₹184.72 crore were seized during the five-month period. Over the same period, police booked 6,651 accused, apprehended 1,406 drug peddlers, booked 5,090 consumers and arrested 17 manufacturers under the Narcotic Drugs and Psychotropic Substances (NDPS) Act.

An analysis of the figures shows that, over the 151-day period, authorities seized narcotics worth an average of ₹1.22 crore every day, or ₹5.1 lakh every hour. The data further reveals that police booked an average of 44 accused every day, translating to nearly two accused every hour. Authorities also arrested an average of one manufacturer every nine days.

Between January 1 and May 31, 2026, police seized drugs worth ₹184.72 crore, averaging ₹1.22 crore every day, or ₹5.1 lakh every hour. During the 151-day period, police booked 6,651 accused (nearly two every hour), arrested 1,406 drug peddlers (one every 2.6 hours), booked 5,090 consumers (more than one every hour) and arrested 17 manufacturers (about one every nine days), underscoring the relentless scale of the state's fight against the drug menace.

Police said 4,276.405 kg of seized narcotic substances worth ₹97.90 crore would be destroyed after obtaining the necessary permissions from the concerned courts. The destruction, to be carried out in accordance with legal procedures, is aimed at preventing the recirculation of illicit drugs and reinforcing the state's crackdown on drug trafficking and abuse.

Police said the 'Beda Bro' campaign is a youth-centric anti-drug awareness initiative designed to prevent substance abuse through education and community participation. Using simple and relatable messaging, the campaign highlights the physical, mental, social and legal consequences of drug abuse while encouraging young people to resist peer pressure and adopt healthy alternatives such as sports, education and skill development. Through workshops, social media outreach and awareness programmes, the initiative also seeks to involve educational institutions, parents and local communities in creating a drug-free society.

Customs seize worth ₹2.08 crore ganja

Bengaluru Customs officials intercepted a passenger arriving from Bangkok and seized 5.960 kg of hydroponic ganja concealed in checked-in baggage at Kempegowda International Airport on June 26, 2026.

According to customs officials, the contraband, estimated to be worth ₹2.086 crore in the illegal market, was hidden to evade security checks. Officers discovered and confiscated the narcotic during a detailed baggage inspection. The passenger was arrested under the Narcotic Drugs and Psychotropic Substances (NDPS) Act, 1985. Further investigation is underway. —BMB

CRIME FILES

Viral videos expose PSI's alleged abuse

A Police Sub-Inspector (PSI) attached to the Amruthahalli police station was arrested on Monday after a case was registered under the POCSO and Juvenile Justice Acts over allegations of sexually abusing minor boys during interrogation. The case surfaced after disturbing videos of the alleged abuse circulated widely on social media.

The accused, identified as PSI Praveen, along with a police constable who allegedly assisted him, has been suspended. According to police officials, Praveen allegedly took them to a lodge, assaulted them, forced them into obscene acts, and recorded the incidents on his mobile phone.

The case came to light after videos allegedly showing the abuse surfaced online and went viral. Acting on the clips, the Amruthahalli police took suo motu cognisance and registered a case under relevant sections of the POCSO Act and the Juvenile Justice (Care and Protection of Children) Act.

Officials seized the officer's phone for forensic examination to determine the number of videos stored, whether any content was deleted, and if objectionable material was shared.

Inspector sexually abuses minors during interrogation

Praveen was remanded to police custody after being produced in court. Police constable Raghavendra has been suspended pending inquiry. The probe, transferred to Kothanur, continues as investigators trace the origin and distribution of the videos. —BMB

Monsoon plays hide-and-seek with Karnataka skies

Karnataka recorded a 45 per cent rainfall deficit in June as the south-west monsoon weakened. Eighteen districts, including Dakshina Kannada, Uttara Kannada, Udupi, Shivamogga, Chikkamagaluru, Kodagu, Hassan, Davanagere and Bidar, witnessed a severe rainfall shortfall. Between June 1 and 29, the state received only 105 mm of rainfall against the normal 191 mm. North Karnataka recorded a 30 per cent deficit, while South Karnataka recorded a 6 per cent shortfall. The India Meteorological Department has, however, forecast a revival in monsoon activity until July 6. Heavy rain is likely over the coastal districts of Udupi, Dakshina Kannada and Uttara Kannada, as well as Shivamogga, Chikkamagaluru, Kodagu and Hassan. A yellow alert has been issued

for these districts, while Belagavi, Dharwad, Gadag and Haveri are expected to receive heavy rainfall between July 2 and 5. — BMB

Fast and curious: VTU nails result race

Visvesvaraya Technological University (VTU) declared the results of its BE and B.Tech sixth-semester examinations for 60,856 students within five minutes of the examinations ending on Tuesday. The examinations concluded at 5.30 pm, and the results were published at 5.35 pm, improving on the university's earlier record of announcing final-year results within 10 minutes. VTU also said the evaluation process was completed 21 days ahead of schedule, with an overall pass rate of 76.84 per cent.

VTU Vice-Chancellor Prof S Vidyashankar said the university expedited the process because students were awaiting their results and credited the examination wing and affiliated colleges for the quick turnaround. Registrar (Evaluation) Prof UJ Ujwal said the results were processed through digital evaluation. In comparison, VTU took 10 days to announce sixth-semester results for 58,232 students in 2024–25, 11 days for 49,997 students in 2023–24, and 10 days for 41,835 students in 2022–23. — BMB

BWSSB may extend OTS deadline over low repayments

The Bangalore Water Supply and Sewerage Board (BWSSB) is considering extending the deadline for its One Time Settlement (OTS) scheme after receiving a lukewarm response from customers. The board plans to seek the state government's approval to extend the scheme, likely until September 30, as only 1.13 lakh of the 3.61 lakh eligible water and sewerage connections (31.26 per cent) had cleared their dues by June 26 despite a 100 per cent waiver on interest. The OTS scheme, which ran from April 1 to June 30, was introduced to help recover long-pending service charges.

BWSSB has over 11 lakh service connections in the city, of which more than 5.11 lakh have outstanding dues. Customers eligible under the OTS scheme together owe Rs 563.82 crore in principal and Rs 323.34 crore in interest, totalling Rs 887.17 crore. So far, the board has recovered only about Rs 60.09 crore. Along with seeking an extension, BWSSB plans to intensify its awareness campaign to encourage more consumers to clear their dues before initiating strict action against persistent defaulters. — BMB

ನಾಡಿನ ಜನರ ಆರೋಗ್ಯ ಸೇವೆಯಲ್ಲಿರುವ ನನ್ನ ಎಲ್ಲ ವೈದ್ಯ ಬಂಧುಗಳಿಗೆ
ಹಾಗೂ ಇತರ ಎಲ್ಲ ವೈದ್ಯಕೀಯ ಸಿಬ್ಬಂದಿಗಳಿಗೆ
ವೈದ್ಯ ದಿನಾಚರಣೆಯ ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು.

ಉತ್ಸಾಹದಿಂದಲೇ ಸುಖ-ಸಂಪತ್ತುಗಳು. ಉತ್ಸಾಹವೇ ಸಕಲ ಕಾರ್ಯಗಳ ಸಾಧಕ.
ಉತ್ಸಾಹ ಪೂರ್ಣ ಬಾಳಿಗೆ ಆರೋಗ್ಯವೇ ಅಡಿಪಾಯ. ಸಮಸ್ತ ನಾಡಿನ ಜನರು
ಆರೋಗ್ಯಪೂರ್ಣ ಬಾಳು ಬಾಳಲೆಂದು ದೇವರಲ್ಲಿ ಪ್ರಾರ್ಥಿಸುವೆ.
ತಮ್ಮ ವೈಯಕ್ತಿಕ ಜೀವನದ ಆಗು-ಹೋಗುಗಳ ನಡುವೆ ಪ್ರಾಣದ ಹಂಗು
ತೊರೆದು ನಾಡಿನ ಜನತೆಯ-ರೋಗಿಗಳ ಆರೋಗ್ಯ ಸೇವೆ ಮಾಡುವ
ವೈದ್ಯರುಗಳು ದೇವಮಾನವರಾಗಿದ್ದಾರೆ.
ಈ ಸಂದರ್ಭದಲ್ಲಿ ಎಲ್ಲ ವೈದ್ಯ ಬಾಂಧವರಿಗೆ ಹಾಗೂ ಸಿಬ್ಬಂದಿಗೆ
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Ban just in name, PoP pops up everywhere

Environmentalists say knee-jerk raids not answer, stringent measures on those making, selling and immersing PoP Ganesha idols only way to preserve environment

KAUSHIK JN

Environmental groups seek stronger action against illegal PoP idol manufacturers before festive season

Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

The Karnataka State Pollution Control Board (KSPCB) banned the manufacture and sale of Ganesha idols made of Plaster of Paris (PoP) more than a decade ago. Three years ago, the state government decided to invoke stringent provisions of the Environment (Protection) Act against those making, selling, and immersing PoP Ganesha idols. However, the manufacture, sale, and immersion of such idols have continued, with officials remaining apathetic and negligent on one pretext or another.

Many activists and environmentalists say the KSPCB, the respective City Corporations, and the police conduct raids on shops selling PoP idols only as a knee-jerk reaction to criticism and impose penalties.

"I believe all the departments concerned must work as a team to end this menace. The stringent measures on those making, selling and immersing PoP Ganesha idols must preserve the environment. I want the authorities to conduct raids on those units making the PoP Ganesha idols. They must decide to nip this menace in the bud before such idols enter the city," said Shobha Bhat of Usiru Foundation.

Demanding that authorities stop the manufacture of PoP Ganesha idols, Sowmya Raghavan, a member of the Rotary Club of RT Nagar, said, "Instead of conducting raids on shops selling PoP Ganesh idols, the authorities need to stop making of PoP Ganesha idols."

Against the backdrop of Prime Minister Narendra Modi's appeal during Mann Ki Baat to use eco-friendly Ganesh idols, Rajajinagar MLA S Suresh Kumar wrote to Greater Bengaluru Authority (GBA) Chief Commissioner Maheshwar Rao, urging action against PoP idols.

"The then BBMP (now the GBA) used to make announcements on banning PoP Ganesha idols. The announcement is generally made only after PoP Ganesha idols enter the market. Such idols have been a nuisance every year during Ganesh Festival. Those idols cause a lot of problems during the immersion and also have an adverse impact on the environment," the letter states.

Speaking to Bangalore Mirror, Suresh Kumar said, "The GBA Chief Commissioner has assured me to take suitable measures to stop selling and immersing PoP Ganesha idols."

A resident of Annaswamy Mudaliar, speaking on condition of anonymity, alleged PoP idol-making units operate throughout the year on Bengaluru's outskirts. "The KSPCB environmental engineers who are supposed to take stringent action have been colluding with those who operate PoP Ganesh idol making units," the resident alleged.

Areas such as Potter Town, VV Puram, KR Market, Mysore Road, and Kammanahalli are known for selling PoP Ganesh idols. However, the KSPCB Public Relations Officer was unavailable for comment, while a Senior Environmental Officer said the issue did not come under his purview.

> **Instead of conducting raids on shops selling PoP Ganesh idols, the authorities need to stop making of PoP Ganesha idols**
>
> –Sowmya Raghavan, member of Rotary Club of RT Nagar

Apartment fire after suspected LPG blast

A fire broke out in an apartment near Garuda Mall in Bengaluru's Ashok Nagar area on Tuesday after a suspected LPG cylinder explosion triggered panic among residents.

According to preliminary findings, the explosion occurred inside a flat, causing flames and thick smoke to spread rapidly through parts of the building. Panic-stricken residents rushed out of the apartment complex as the fire intensified.

Officials said they received an alert about the blaze at a G+3 apartment building near Garuda Mall at around 3.23 pm.

Preliminary investigations revealed the fire originated in a top-floor apartment occupied by a family of four. Officials suspect a gas leak during cooking caused the LPG pipe to catch fire before the flames spread to the cylinder.

The family evacuated safely, avoiding injuries. Firefighters doused the flames, averting a major disaster. Police from Ashok Nagar station inspected the apartment to assess property damage and determine the exact cause of the explosion. No casualties were reported. Further investigation is underway.

—BMB

Actress alleges harassment on road

Former Bigg Boss Kannada fame and Sandalwood actress Divya Suresh alleged that an unidentified man harassed her while she was walking to her car with her cousin on Sunday night.

According to details shared by the actress on social media, the man followed the duo around 11.30 pm and engaged in obscene behaviour despite being confronted.

She further claimed that he continued to follow them even after they got inside their car and remained close to the vehicle.

Divya shared a video of the incident on Instagram and questioned Bengaluru police over women's safety in the city.

The post sparked discussions online about women's safety and the need for stronger enforcement to make public spaces safer while tackling those who disrupt peace.

The 33-year-old actress has appeared in several Kannada films and television serials, including Nanna Hendthi MBBS, Rowdy Baby, Kempu Haladi Hasiru, Hiranya and Jodi Hakki, besides appearing in Season 8 of Bigg Boss Kannada.

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Dr Srikant Venkatakrishnan, trained at Bangalore Medical College, St. John's Medical College and NIMHANS, established the Department of Physical Medicine and Rehabilitation at Narayana Health six years ago. With a focus on advanced and affordable rehabilitation for patients with stroke, spinal cord injury and traumatic brain injury, he later founded Punarvaas Hospital, which now operates three centres in Bengaluru.

Punarvaas provides comprehensive rehabilitation services, including robotic gait training, neuromodulation, and spasticity and pain management procedures in a cost-effective manner. Several patients have reported significant recovery outcomes. In one case, a patient in a minimally conscious state following a severe brain injury, dependent on multiple medical support systems, recovered substantially over a three-month period and is now independent in daily activities and has returned to work.

What made you choose rehabilitation medicine?
"I have always been interested in both medicine and engineering. Rehabilitation medicine allows the integration of medical science, allied health, engineering and research to improve functional outcomes and quality of life while expanding the possibilities of recovery."

What would you tell a family that has lost hope after a stroke?
"A stroke can be life-altering for patients and families, but with appropriate guidance and rehabilitation, many individuals continue to improve and regain independence. One of my patients is an award-winning journalist who returned to professional work after a stroke."

Can recovery still happen months after an illness or injury?
"Recovery is most rapid in the initial months, but meaningful improvement can continue for years with consistent and appropriate rehabilitation."

What is the most rewarding part of helping a patient recover?
"Seeing patients return to work, regain independence and rebuild their family lives is the most rewarding aspect of this work and continues to motivate us."

What message would you like to give on Doctors' Day?
"Medicine is a demanding profession, as are many others. Work with dedication, follow your passion, and use your skills to create a meaningful impact on society."

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100 metre down, plastic finds a way into drinking water

CONTINUED FROM PAGE 1

polyethylene (LDPE), high-density polyethylene (HDPE) and polyamide (PA). These materials are widely used in everyday products such as plastic bags, food packaging, bottles, ropes, textiles and agricultural sheets. Researchers attribute the contamination primarily to poorly managed domestic and agricultural plastic waste that gradually infiltrates groundwater through fractures in hard rock formations.

One of the more surprising findings was what the researchers did not detect. Despite borewells being lined with PVC pipes, no polyvinyl chloride (PVC) particles were found in the samples, suggesting the contamination originates from the surrounding environment rather than the borewell infrastructure itself.

The study also found that 94 per cent of the detected particles measured between 20 and 1,000 micrometres. Their tiny size and fibre-like or fragment-like shapes enable them to migrate through microscopic cracks in solid rock, eventually reaching aquifers used for drinking water. Until now, microplastics had largely been reported in oceans, rivers, lakes and shallow groundwater. Their presence in deep hard rock aquifers marks a significant shift in scientists' understanding of how far plastic pollution has spread.

The researchers estimate that residents consuming untreated borewell water from the affected areas could ingest around 1,100 microplastic particles a year through drinking water alone. However, the paper notes that this contribution, by itself, "does not seem alarming at this stage". It also points out that many villages use reverse osmosis (RO) systems, which can filter out most microplastics if the membranes are properly maintained.

Even so, the findings add to a growing body of global evidence linking microplastics to human exposure. The study cites United Nations Environment Programme estimates that people ingest or inhale 39,000 to 52,000 microplastic and nanoplastic particles every year through food, water and air.

The findings come months after another study, published in Ecotoxicology and Environmental Safety, detected microplastics in women's ovarian follicular fluid for the first time, raising concerns over possible impacts on fertility and reproductive health. Separate international studies have also reported microplastics in human blood, lungs, placentas, breast milk, liver tissue, arterial plaque and even in newborn babies, indicating that exposure can begin before birth.

While the IISc-VIT researchers stop short of calling the findings a public health emergency, they stress that routine monitoring of microplastics in groundwater should now become part of water quality assessments. They also recommend better management of plastic waste, especially in agricultural fields and inland water bodies, to prevent further contamination of drinking water sources.

Dr Venkatata Raju, a physician, said, "The presence of microplastics in deep groundwater is concerning because it suggests that contamination has reached drinking water sources once considered naturally protected. While current evidence does not prove that the levels detected will immediately cause disease, studies across the world have increasingly found microplastics in human blood, lungs, placentas and even newborn babies. We still do not fully understand their long-term health effects, but there are concerns about chronic inflammation, hormonal disruption, reproductive health and cardiovascular disease. This is why regular monitoring of drinking water for microplastics should now become as important as testing for bacteria, heavy metals and other contaminants."

BDA promises to make amends

CONTINUED FROM PAGE 1

as jamun requiring a spacing of at least 5 to 7 feet for healthy growth. Such dense planting, they argue, is unlikely to support biodiversity, develop a healthy tree canopy or allow adequate space for root systems to expand.

"This is nothing short of a mockery of scientific plantation. Trees planted so closely will end up competing for sunlight, nutrients and water, reducing their long-term survival and ecological value," said Joseph Hoover, former member of the State Board of Wildlife and founder of the United Conservation Movement and Charitable Trust.

Some also described the exercise as a waste of public money, saplings, time and valuable public land, arguing that the focus appeared to be on achieving numerical targets rather than ensuring ecological outcomes.

They further questioned the quality of plantation practices, pointing out that the saplings used were too small for open landscapes.

"Saplings planted in exposed areas should ideally be at least 4.5 to 5 feet tall to improve their chances of survival. Moreover, planting pits at some locations were too shallow, raising concerns over root establishment and the long-term health of the trees," said a volunteer, who participated in the initiative in Banashankari.

Participants from other areas complained of many sites undergoing monoculture plantations.

Corrections will be made: BDA

Responding to the criticism, BDA acknowledged that the plantation drive fell short of expectations at several locations. The authority attributed the shortcomings to the overwhelming public participation, which made coordination and execution challenging. It has assured that the issues flagged by citizens and experts will be addressed and corrective measures completed by July 15.

According to BDA, the plantation drive was entirely supported through Corporate Social Responsibility (CSR) funding, with 11 city-based NGOs serving as implementation partners. The authority said it had mobilised nearly Rs.70 crore towards the maintenance of the saplings over the next three years.

Memoranda of Understanding (MoUs) have been signed with all 11 partner organisations, making them responsible for the long-term maintenance of the plantations using CSR funds. Under the initiative, 15 lakh saplings of nearly 350 native tree species, including several threatened species, were planted across 276 micro-locations in Bengaluru.

Addressing criticism over monoculture plantations at several sites, BDA said the drive involved nearly 70,000 volunteers and was conceived as a mass public participation event. Given the unprecedented scale of participation, it was not possible to provide detailed planting instructions to every volunteer, resulting in deviations from the planned plantation design at some locations.

"We are aware that monoculture plantations occurred at a few sites. These were unintended and largely a consequence of the scale of public participation. We have instructed our NGO partners to correct these issues. Every complaint raised by citizens will be verified, and necessary corrective measures will be completed by July 15," said Charan GS, the Deputy Conservator of Forests (DCF) for the Forest Division of the Bangalore Development Authority (BDA).

While the drive was planned in anticipation of a few rain episodes, that failed.

"BDA along with NGO partners have been manually watering the saplings over the past two days and are exploring the installation of drip irrigation systems at plantation sites to improve their survival," added the DCF.

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CHANGE OF NAME

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I, **Bhanupriya S.C.,** S/o S.G. Chudanna Gowda, Aged about 30 years, C/o G.S. Manjunath, No. 91, "Indira", 2nd Cross, Munisanjeevappa Layout, Kanakapura Road, J.P. Nagar, Bangalore - 560 078. Have changed my name from **BHANUPRIYA S.C.** to **BHANUPRAKASH S.C.** Vide affidavit dated 29.03.2010. Sworn before Advocate and Notary P. Anuradha, Bangalore.

CHANGE OF NAME
I, KUDUS ABDUL HAJEE (Old Name), S/O ABDUL HAJEE, resident of No.51, BM Layout, Venkateshpura, Bangalore - 560045, have changed my name to **ABDUL KHUDUS ABDUL HAJEE (New Name)** for all purposes vide affidavit dt. 30.06.2026 sworn before Notary C. Sharada, Bangalore.

CHANGE OF NAME
I, ZEESAHANA AKHTAR HUSEIN (Old Name), W/O SYED IFTEKHAR AHMED, resident of No.5, 1st Cross, Behind Deccan Medicals Khusal Nagar K G Halli, Bangalore - 560045, have changed my name to **ZEESHAN AKTHAR HUSEIN (New Name)** for all purposes vide affidavit dt. 29.06.2026 sworn before Notary C. Sharada, Bangalore.

I, Tulasirama Chinnappa S/o Chinnappa R/o No 383, Hulimavu Main Road, Kempamma Layout, Hulimavu B G Road, Bengaluru- 560076 have changed my name to Tulasiram Chinnappa for all purposes

I Fathima Khanum D/o Kaleem Ulla Khan R/o No 43, 1st Cross Anepalya, Neelasandra, Bangalore-560047 have changed my name to Fathima Khanum Kaleem for all purposes.

I, Kamal Kumar Keshavdas S/O Keshavdas, residing at No.433, 2A Cross,4th main, BCMC Layout, Raghuvanahalli, Bangalore-560109 have changed my name to Kamal Kumar for all future purposes vide affidavit dt 30th june 2026 sworn before notary: K N Ramadevi B'lore

I, AISHA BHANU PATAN (Old Name) residing at H No.4-345 Kadri Road, Gorantla Andhra Pradesh – 515231 now camped at Bangalore have changed my name to AYESHA BAANU.P vide affidavit dated: 29/6/2026 Before Notary M.K.Devaki Bangalore.

I, Tabrez Mohammed Saifulla S/o Mohammed Saifulla R/o No 19/1,C No 2nd Street, Chandini Chowk Road, Near Green Mosque Shivaji Nagar, Bengaluru-560051.Have Changed my name to Tabreez Mohammed Saifulla for All Purposes

I, Surekha Kuruvada W/O, Srinivasan Sridhar R/o No D 303 3rd Flr Chartered Coronet 17/3 Omkar Nagar Arekere Bannerghatta Road, Bengaluru 560076 have changed my name to K Surekha Sridhar for all purposes

I, Mohammed Farook Ahmed S/o Majeed Abdul Wajid R/o No 19/1, C No 2nd Street,Near Green Mosque, Shivaji Nagar, Bengaluru-560051.Have Changed my name to Mohammed Farooq for All Purposes

I, Palak Singh Thakur R/o C2-002, Ahad excellencia, Green cascade lane, Chikkanayakanahalli, Off sarjapur road, Bengaluru 560035 have changed my name to Palak Singh. I shall be called by this name for all purposes

I, MOHAMMED AZAM KHYOOM, S/o Abdul Khayoom, Age 63 Yrs, R/o #8/1, 2nd Floor, South Cross Street, Neelasandra, Viveknagar Post, Bengaluru-560047, have changed my name to MOHAMMED AZAM vide Affidavit No. IN-KA00310468931398Y dated 24/06/2026 before Notary L. Gopalakrishna, Bangalore

I, Aditya Gachinmani, Aged 18 yrs, R/o. Bon Viveur Heights Apts, 307, 8th B Main, 1st Cross, Vijaya Bank L/o., Blr-560076, have changed my name to ADITYA GACHINMANI P. vide affidavit Dt: 30/06/26 before Notary M. Rajendra, Blr.

I, GULTAJ, Residing at No 204B, 1st Floor, 9th Main, 2nd Cross, BTM 1st Stage, Bangalore-560029, Have changed my name to GULTAJ ABDUL vide affidavit dated 29/6/2026 sworn before Notary Aravind Patil G.G Bangalore

I, Reena Mukesh, R/o No 3/1, Bhikshu Sadhan, 4th Cross, H Siddaiah Road, Wilson Garden B'luru- 560027. Have Changed my name to Reena Mukesh Kumar for all Purposes

I, Megana H B W/O, Sachin S M R/o 5th Cross Durgigudi Honnali, Davangere 577217 have changed my name to Meghana H B for all purposes.

I, Saksham A. Jain, S/o Ashish Jain, residing at Golden Grand Apartments, MC 2203, Maple Block, Yeshwanthpur, Bangalore, Karnataka, PIN: 560022, have changed my name from Saksham Jain to Saksham A. Jain, Henceforth, I'll be known as Saksham A. Jain.

I, Sanjay Panjabi, s/o Muralidhar Taeomal Panjabi R/o, 39/1, Raj Mandir North Park Road, Kumara Park East, Bengaluru-560001 have changed my name to Sanjay Muralidhar Panjabi for all Purposes

I, Pramoda Kumar s/o Chandra Shekhar Shetty R/o S-9, No-54 Perody Palace, 2nd Cross Vijayasri Layout Kodichi-kkanahalli B'luru-560076 have changed my name to Pramod Shetty for all Purposes.

I, Sageera Khanum, w/o Nazeer Ahmed Sheik, R/o No 52, Kumbarpet Main Road, Channaraya Temple Street, Bengaluru- 560002. Have Changed my name to Sageera Khanum for all Purposes.

I, Sapna Bhujanga Shetty, w/o Pramod Shetty, R/o S-9, No-54 Perody Palace, 2nd Cross Vijayasri Layout Kodichikka-nahalli B'luru-560076 have changed my name to Sapna Pramod Shetty for all purposes

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Beyond the white coat: The many lives of a doctor

Balancing parenthood, patient care, research and administration, doctors embody resilience while shaping healthcare far beyond hospital walls

For most people, a doctor's work begins and ends inside a hospital. In reality, the profession extends far beyond consultation rooms and operating theatres. Behind every diagnosis is a person balancing long shifts, family responsibilities, research, administration and public service, often with little recognition beyond the lives they touch.

For doctors who are also parents, the challenge is even greater. The demands of medicine leave little room for predictable schedules. Emergencies do not wait for school timings, and surgeries often stretch beyond planned hours. Yet, thousands of doctors across the country switch seamlessly between treating patients and caring for their own families.

"Medicine and parenthood are both full-time commitments. Every day involves prioritising responsibilities, making sacrifices and ensuring that neither patients nor family members feel neglected," said a senior doctor.

A typical day may begin with preparing children for school before heading to hospital rounds, outpatient consultations or emergency calls, only to return home for homework, dinner and bedtime routines. While technology has made this balancing act easier through teleconsultations and digital health records, the emotional burden remains. Doctors often worry about their children while attending to critically ill patients, and concerns about patients frequently accompany them home.

"Support from family, colleagues and caregivers is often what makes this balance possible. Parenthood also changes the way doctors understand patients and their families, making healthcare more compassionate," another doctor said.

Although many doctors miss family occasions because of professional commitments, they also experience moments of immense pride when their children understand the importance of serving others. These personal experiences often strengthen their commitment to patient care.

Beyond clinics

The contribution of doctors extends far beyond consultation rooms. While physicians and surgeons are the most visible faces of healthcare, many medical professionals work behind the scenes, ensuring hospitals and public health systems function effectively.

Researchers spend years studying diseases, testing treatments and analysing health data that shape future medical practice. Pathologists and radiologists provide the diagnostic foundation that enables accurate treatment, while hospital administrators develop policies, improve systems and manage resources that directly influence patient care. Doctors specialising in medical informatics are increasingly helping to integrate digital technologies into healthcare while ensuring patient safety and data security.

"Many of the biggest contributions to healthcare happen away from hospital beds. Research, diagnostics, administration and technology are equally important in improving patient outcomes," a healthcare expert said.

Medical educators also play a critical role in training future generations of doctors, passing on knowledge and preparing young professionals for the challenges of modern medicine.

The role of doctors has evolved significantly over the decades. Beyond treating illnesses, they now contribute to telemedicine, disease surveillance, vaccination drives, disaster response, public health campaigns and preventive healthcare initiatives. The COVID-19 pandemic further reinforced their role as frontline responders during one of the biggest public health emergencies in recent history.

"Technology has transformed healthcare, but empathy cannot be replaced. Patients may forget a prescription, but they rarely forget a doctor who listened, reassured and treated them with dignity," another senior doctor said.

Despite rapid advances in medicine, the profession continues to demand long hours, emotional resilience and constant learning. Whether caring for patients, mentoring young doctors, conducting research, shaping health policy or raising families, doctors continue to serve society in ways that often go unnoticed.

Their work extends beyond hospitals into homes, laboratories, classrooms and communities, making medicine not just a profession but a lifelong commitment to public service. **BMB**

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Coast Guard rescues 6 fishermen from sinking boat

In a challenging maritime search and rescue operation off the coast of Karnataka, the Indian Coast Guard rescued six fishermen after their fishing boat suffered severe flooding and hull damage due to rough sea conditions, officials said on Tuesday.

All six crew members of the Indian fishing boat 'Manju Matha' were rescued using "remote-operated lifebuoys" designed for extreme sea conditions, they said.

On Monday evening, Indian Coast Guard (ICG) ship 'Sachet' intercepted a distress call from a fishing boat located about 33 nautical miles off the Surathkal coast of Karnataka, reporting "severe flooding and hull damage due to rough sea conditions, placing the lives of all six crew members at imminent risk", an ICG spokesperson said.

"Responding without delay, the ICG immediately diverted the ship to render assistance, effecting a rendesvous with the distressed vessel within 90 minutes," the official said.

The rescue operation was carried out under extremely challenging weather conditions. "Rough seas, strong winds, poor visibility, and approaching darkness significantly complicated the mission, demanding exceptional seamanship, precision, and coordination from the rescue team," the spokesperson said.

Despite the challenges, the ICG crew executed the operation with "remarkable efficiency", the Coast Guard said.

Demonstrating exceptional courage, professionalism, and operational readiness, the Indian Coast Guard rescued the six fishermen from the distressed fishing boat, the spokesperson said.

"The team deployed remote-operated lifebuoys specifically designed for use in inclement sea conditions to safely reach and recover the stranded fishermen," the ICG said. By late evening, all six crew members were rescued safely without any injury, the force said.

The ICG ship Sachet is currently entering New Mangalore for the safe disembarkation of the rescued crew and the completion of further formalities, the spokesperson said. The boat 'Manju Matha' was made in 2019 and registered in Udupi, Karnataka. Its hull was made of fibreglass, the official said. —PTI

Voter ID now must for Gruha Lakshmi

The state government has decided to make voter ID mandatory for women beneficiaries under the Gruha Lakshmi scheme as part of a fresh verification drive to weed out ineligible recipients. The exercise will begin only after the ongoing Special Intensive Revision (SIR) of electoral rolls is completed; officials expect more names to be filtered out. Beneficiaries whose names are deleted from the voter list could also lose eligibility for the scheme. Fresh applications will be invited, and applicants will be required to furnish both their ration card and voter ID to continue receiving benefits.

The state currently has 1.24 crore Gruha Lakshmi beneficiaries, with over Rs 71,000 crore disbursed since the scheme was launched in 2023. Around 4.3 lakh beneficiaries, including income tax payers, government employees, deceased persons, and those with duplicate or fraudulent claims, have already been removed. The government also aims to prevent people who vote in other states but avail themselves of welfare benefits in Karnataka from accessing the scheme, in line with its stated policy of ensuring that state-funded guarantees reach only eligible voters. —BMB

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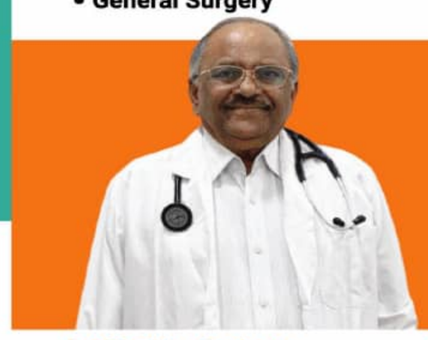

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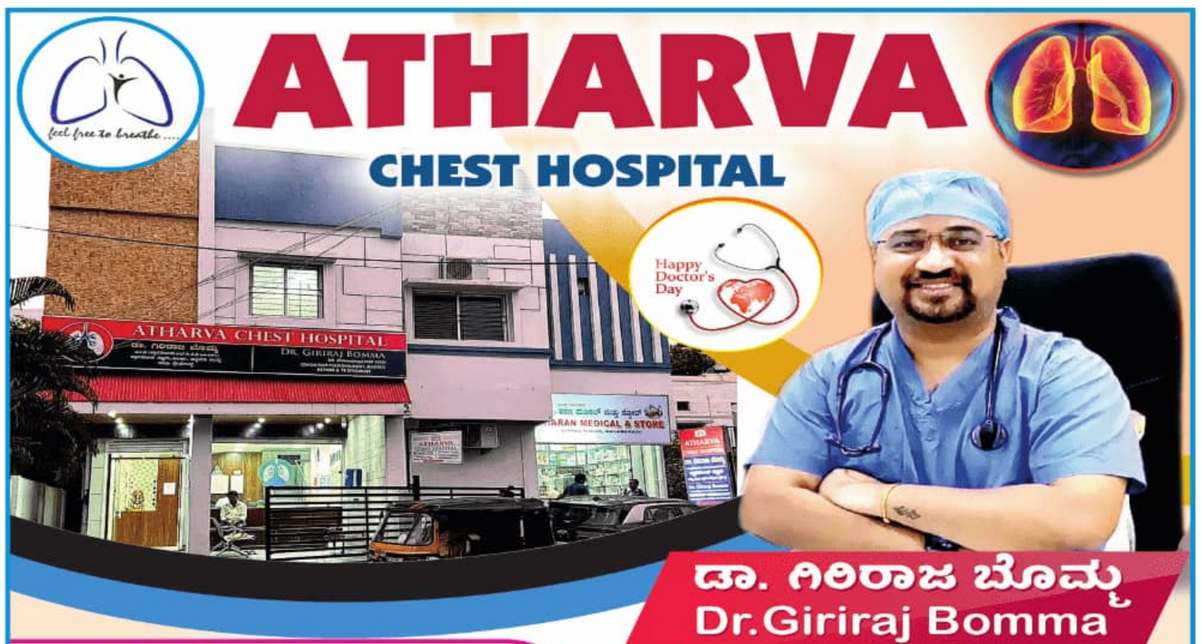

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Germany, Netherlands face shock exits

Five-time champions Brazil advance to R16 on bad day for heavyweights

Players of the Netherlands console each other after the defeat

Members of team Germany react after losing the round of 32 match between Germany and Paraguay

It was a matchday of chaos as five-time champions Brazil marched to the round of 16 courtesy of an extra-time last-minute strike from Gabriel Martinelli, while heavyweights like four-time champions Germany and the Netherlands faced premature and shocking exits from the tournament to Paraguay and Morocco respectively.

2010 quarterfinalists Paraguay and 2022 semifinalists Morocco will get a chance to outdo their best finishes, but these come at the expense of top-ranked teams like the Netherlands (8) and Germany (10). For the first time ever, two top-ten nations have been knocked out in the first round of the knockout stage.

Brazil vs Japan (2-1)

The Samurai Blue started off on a strong note defensively and continuously denied Brazil their early chances. Kaishu Sano produced a stunning bottom corner strike from the edge of the box in the 29th minute, taking Japan to a 1-0 lead at half-time.

In the 56th minute, Casemiro headed home for an equaliser, but goalkeeper Zion Suzuki denied Vinicius Jr a goal. Six minutes into the extra six minutes, Bruno Guimares fed Martinelli, who wasted no time in delivering a clinical finish and Brazil a shot at the quarterfinals.

Brazil's sensational win over Japan in their round of 32 match marked the first time since the 1978 FIFA World Cup that the five-time champions secured a win in a knockout match despite trailing at half-time.

Germany vs Paraguay (1-1) [3-4 on penalties]

Germany's post 2014 FIFA World Cup downfall continued as they crashed out in the round of 32 after being ousted in the group stage in their previous two editions. They suffered their first-ever FIFA World Cup elimination in a penalty shootout, having won each of their previous four shootouts at the tournament.

It was also only their second defeat on penalties at a major international tournament, the first coming against Czechoslovakia in the 1976 UEFA European Championship final (5-3), as per OptaJoe.

Germany once again conceded an early lead, with Julio Ensico (42nd minute) striking for Paraguay; however, Kai Havertz levelled the scores just 12 minutes later.

Scores were level at 1-1 heading into the extra time, and Germany thought they had secured a place in the Round of 16 when Tah headed home from a corner in the 101st minute of extra time.

However, following a VAR review, referee Jalal Jayed disallowed the goal after ruling that Germany defender Waldemar Anton had impeded Paraguay goalkeeper Orlando Gill in the build-up.

The match went to penalties, where Paraguay came out on top 4-3, continuing the four-time world champions' woes at the big tournaments after the 2014 FIFA World Cup win. It was Jose Canale who hammered the match-winning kick.

Netherlands 1-1 Morocco [2-3 on penalties]

The stalemate was long, but Cody Gakpo, battling a highly personal loss, responded with a 72nd-minute strike. Gakpo, who had just lost his unborn child to a miscarriage, scored a highly important goal in the face of personal adversity. However, on the brink of the full-time whistle, Issa Diop spoiled the party with an equaliser.

After another half hour of no goals, things headed to penalties, with Bart Verbruggen repelling one and Yassine Bounou stopping two. Ismael Saibari, who had scored in all of Morocco's group stage matches so far, hit the decisive penalty to continue Morocco's deep run.

—ANI

21 ವರ್ಷದಲ್ಲಿ 80 ಸಾವಿರಕ್ಕಿಂತ ಹೆಚ್ಚಿನ ರೋಗಿಗಳು ಗುಣಮುಖರಾಗಿ ಸಂತೋಷದಿಂದ ಜೀವನ ನಡೆಸುತ್ತಿದ್ದಾರೆ.

ಮೂಲವ್ಯಾಧಿ (Piles)	ಭಗಂದರ (Fistula)	ನಾಸೂರ (Fissure)
ಟೊಕದ ಕೆಳಗಿನ ಹುಣ್ಣು(ಗಾಯ) (Piloniadal Sinus)	ಗುದದ್ವಾರವು ಹೊರಗೆ ಬರುವುದು (Rectal Prolapse)	ಇತರ ಗುದದ್ವಾರದ ರೋಗ (Other Rectal Diseases)

ಗುದದ್ವಾರವು ಉರಿಯುವುದು, ತುರಿಸುವುದು, ರಕ್ತ ಸ್ರಾವವಾಗುವುದು
ಮೊಳಕೆ (ಕೊಂಬು) ಬರುವುದು ಜಿಗುಟಾಗಿ ಕಿವ ಹೊರಗೆ ಬರುವುದು.

ವೈದ್ಯರ ದಿನಾಚರಣೆಯ ಹೃತ್ಪೂರ್ವಕ ಶುಭಾಶಯಗಳು

FACILITIES

- Laser
- RF Dual
- Frequency
- Vessel Sealer
- Anal Manometry
- Rectal Videoproctoscopy
- Botex
- Baicap
- Cryo Surgery
- Doppler
- Banding
- Sclerotherapy
- Direct Current Probe

RF ಮಶೀನ

ಮೂಲವ್ಯಾದಿನ ಮೇಲೆ ಇಂಜಕ್ಷನ್ ಮೂಲಕ ಲೇಸರ (ಲೇಜರ) ಡ್ಯುವೆಲ್ ಪ್ರೆಕ್ವನ್ಸಿ ವ್ಹೇಯಲಸಿಲರ ಜೊತೆಗೆ ಜಗತ್ತಿನ ಅತ್ಯಾಧುನಿಕ ಹತ್ತು ವಿವಿಧ ಪ್ರಕಾರದ ಉಪಚಾರ ಭಾರತದಲ್ಲಿ ಕೇವಲ ನಮ್ಮ ಕಡೆ . ಗುದದ್ವಾರದ ಎಲ್ಲ ರೋಗಗಳ ಅತ್ಯಾಧುನಿಕ ಲೇಸರ್ ಮತ್ತು ಈ ಡ್ಯುಎಲ್ ಫ್ರಿಕ್ವೆನ್ಸಿ ವೆಪೆಸರ್ ಸಿಲರ್ ಮಶಿನಿಂದ ಉಪಚಾರ

ಲೇಜರ್ ಮಶೀನ

ಕಳೆದ 21 ವರ್ಷದಿಂದ ಸಾರ್ವಜನಿಕರ ಸೇವೆಯಲ್ಲಿ ಮುನ್ನಡೆಯುತ್ತಿದೆ.

ಡಾ॥ ಸ್ಮೀತಾ ಉದಯ
ವೈದ್ಯ
(MBBS., MS)
ಸರ್ಜನ್ ಪ್ರಾಕ್ಟೋಲಾಜಿಸ್ಟ

ಡಾ॥ ಸ್ಮೀತಾ ಉದಯ ವೈದ್ಯ
MBBS.,MS ಸರ್ಜನ್ ಪ್ರಾಕ್ಟಾಲಾಜಿಸ್ಟ್ ರವರ

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ಪ್ಲಾಟ್ ನಂ. 10, ವಸಂತ ವಿಹಾರ, ಹಳೆಯ ಪುನಾ ನಾಕಾ ಹತ್ತಿರ, ಸೋಲಾಪುರ, ಮಹಾರಾಷ್ಟ್ರ(ಭಾರತ), ಪಿನ್ - 413001
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ಪ್ರತಿ ಮಾಸ್ಕ್‌ಹಿಂದೆ ಗುಣಪಡಿಸುವ ಹೃದಯವಿದೆ

ವೈದ್ಯರ ದಿನದ ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು

ಪ್ರತಿದಿನ ಅನೇಕ ಜೀವಗಳಲ್ಲಿ ಬದಲಾವಣೆ ತರುತ್ತಿರುವ ನಮ್ಮ ವೈದ್ಯಕೀಯ ತಜ್ಞರ ಸಮರ್ಪಣೆ, ಕರುಣೆ ಮತ್ತು ಬದ್ಧತೆಯನ್ನು ಗೌರವಿಸುತ್ತೇವೆ.

ಡಾ. ಮಂಜುನಾಥ್ ದೋಶೆಟ್ಟಿ — ಮೂತ್ರಪಿಂಡ ತಜ್ಞರು
ಡಾ. ಆನಂದ್ ಶಂಕರ — ಮೂತ್ರಪಿಂಡ ತಜ್ಞರು
ಡಾ. ಪೂರ್ಣಿಮಾ ತಡಕಲ — ಮೂತ್ರಪಿಂಡ ತಜ್ಞರು
ಡಾ. ಸಂತೋಷ ಕಾಮಶೆಟ್ಟಿ — ಮುಖ್ಯ ತೀವ್ರ ನಿಗಾ ತಜ್ಞರು ಹಾಗೂ ಅನಸ್ತೇಶಿಯಾ ತಜ್ಞರು
ಡಾ. ಶರಣಗೌಡ ಪಾಟೀಲ — ನರರೋಗ ತಜ್ಞರು
ಡಾ. ಸಂತೋಷ ಮಂಗಶೆಟ್ಟಿ — ನರಶಸ್ತ್ರಚಿಕಿತ್ಸಾ ತಜ್ಞರು
ಡಾ. ಈರಣ್ಣ ಹಿರಾಪುರ — ಹೃದಯ ರೋಗ ತಜ್ಞರು
ಡಾ. ಶಂಕರಗೌಡ ಪಾಟೀಲ — ಹೃದಯ ರೋಗ ತಜ್ಞರು
ಡಾ. ಪ್ರಶಾಂತ ಸಾಗರೆ — ಚರ್ಮರೋಗ ತಜ್ಞರು
ಡಾ. ಕಾವ್ಯಶ್ರೀ ಸಾಗರೆ — ಮ್ಯಾಕ್ಸಿಲೋಫೇಷಿಯಲ್ ಸರ್ಜನ್
ಡಾ. ದೀಪಕ ಕುಮಾರ — ಸಾಮಾನ್ಯ ಹಾಗೂ ಲ್ಯಾಪರೋಸ್ಕೋಪಿಕ್ ಶಸ್ತ್ರಚಿಕಿತ್ಸಾ ತಜ್ಞರು
ಡಾ. ವಂದನಾ ಕಾಮಶೆಟ್ಟಿ — ನೇತ್ರರೋಗ ತಜ್ಞರು
ಡಾ. ನಿಕಿತಾ ಸಾಗರ — ತೀವ್ರ ನಿಗಾ ತಜ್ಞರು ಹಾಗೂ ಅನಸ್ತೇಶಿಯಾ ತಜ್ಞರು
ಡಾ. ತೇಜಶ್ರಿನಿ — ತೀವ್ರ ನಿಗಾ ತಜ್ಞರು ಹಾಗೂ ಅನಸ್ತೇಶಿಯಾ ತಜ್ಞರು
ಡಾ. ವಿಶಾಲ್ ಹುಗ್ಗಿ — ಅಸ್ಥಿ ಮತ್ತು ಸಂಧಿ ಶಸ್ತ್ರಚಿಕಿತ್ಸಾ ತಜ್ಞರು
ಡಾ. ವಿಶಾಲ್ ಹುಡಗಿ — ರಕ್ತನಾಳ ಶಸ್ತ್ರಚಿಕಿತ್ಸಾ ತಜ್ಞರು
ಡಾ. ಬಸವೇಶ ವಿ ಪಾಟೀಲ — ಮೂತ್ರಪಿಂಡ ಪ್ರತ್ಯಾರೋಪಣ ಮತ್ತು ಲ್ಯಾಪರೋಸ್ಕೋಪಿಕ್ ಶಸ್ತ್ರಚಿಕಿತ್ಸಾ ತಜ್ಞರು
ಡಾ. ಸಾಗರ ಸೌರಭ — ಅಂತರಸ್ರಾವಿ ಗ್ರಂಥಿ ತಜ್ಞರು
ಡಾ. ಸಂತೋಷ ಹಾರ್ಕುಡೆ — ಅಂತರಸ್ರಾವಿ ಗ್ರಂಥಿ ತಜ್ಞರು
ಡಾ. ಶಿಲ್ಪಾ ಕಲಬುರಗಿ — ಪ್ರಸೂತಿ ಮತ್ತು ಸ್ತ್ರೀರೋಗ ತಜ್ಞರು
ಡಾ. ಕೇದಾರನಾಥ್ ರಟ್ಟಳ — ಇ.ಎನ್.ಟಿ. ಸರ್ಜನ್
ಡಾ. ಸಿದ್ಧಾರ್ಥ್ ಕಾಂತಾ — ಜಠರ ಹಾಗೂ ಜೀರ್ಣಾಂಗ ತಜ್ಞರು
ಡಾ. ವೀರಮ್ಮ ಎನ್. ಜೆ. — ರೋಗನಿರ್ಣಯ ತಜ್ಞರು
ಡಾ. ಆನಂದಸಾಗರ ಪಾಟೀಲ — ರೇಡಿಯಾಲಜಿ ತಜ್ಞರು

ಸೇಡಂ – ಓಲ್ಡ್ ಗುಂಜ್ ರಸ್ತೆ, ಶ್ರೀ ಕೊತ್ತಲ ಬಸವೇಶ್ವರ ದೇವಸ್ಥಾನದ ಸಮೀಪ, ರಥ ಬೀದಿ, ಸೇಡಂ.
ಕಲಬುರಗಿ – ಹಿಂದೂಸ್ತಾನಿ ಚರ್ಚ್ ಕ್ಯಾಂಪಸ್, GESCOM ಕಚೇರಿಯ ಎದುರು, GESCOM–ಜಿಲ್ಲಾ ನ್ಯಾಯಾಲಯ ರಸ್ತೆ, ಕಲಬುರಗಿ.

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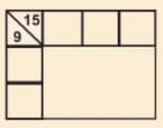
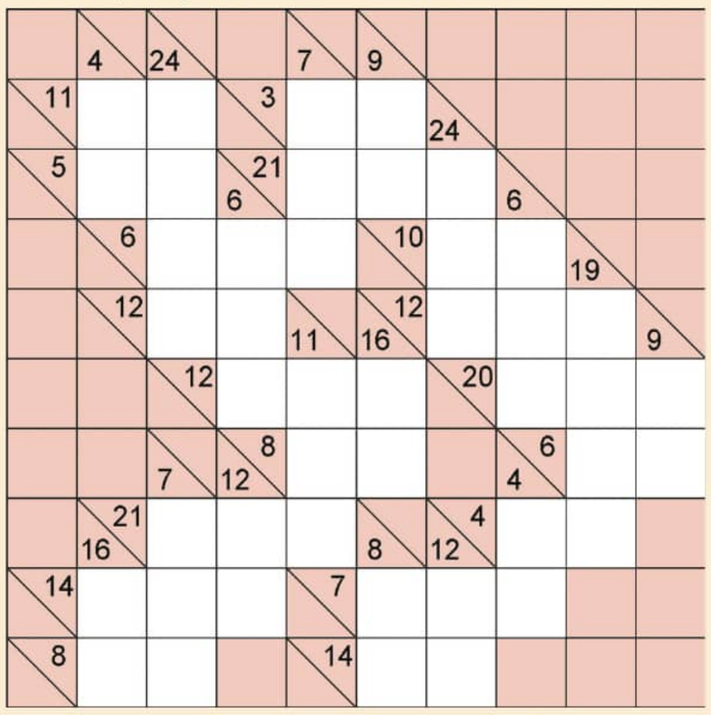
Kakuro

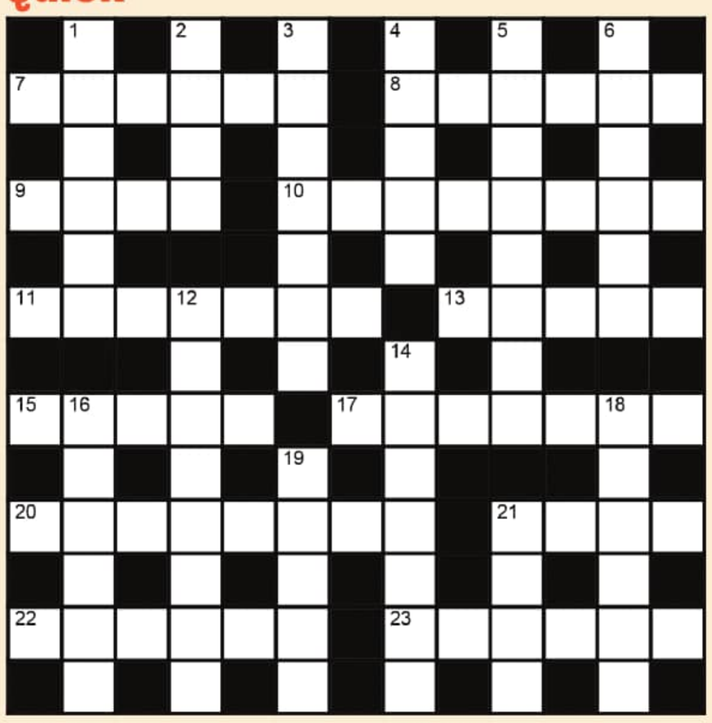
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Corporate trust (6)
8 See or observer (4,2)
9 Deadened to feeling (4)
10 Belittles, casts down or cheapens (8)
11 Firmly established (4,3)
13 Oversized (5)
15 Shoals (5)
17 Round Table knight (7)
20 Salve (8)
21 Tennis great Bjorn ___ (4)
22 Thwart (6)
23 Nervous or anxious (6)

DOWN

1 European river (6)
2 Wound inflicted with knife (4)
3 Worked slowly and steadily? (7)
4 Bullets (5)
5 Leonardo da Vinci's painting (4,4)
6 Bar (6)
12 Birth to death (8)
14 Bangalore's second largest lake (7)
16 Laws; decrees (6)
18 Late Mr. Puri of Bollywood (6)
19 Stitched (5)
21 Lager or ale (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: B EQUALS T

BDW AQQJ UQT, FE OFGW BDW GFJCWIB GJFWEU. BDW GFJIB BQ KWOYQCW, GQJWCQIB BQ UWGWEU.

Line maro

I just can't take my eyes off you

Mindchow

However much we guard ourselves against it, we tend to shape ourselves in the image others have of us. It is not so much the example of others we imitate, as the reflection of ourselves in their eyes and the echo of ourselves in their words.

Joke of the day

The race is not always to the swift nor the battle to the strong – but that's the way to bet

Loop

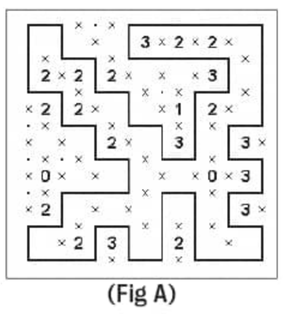
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

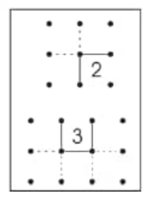
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

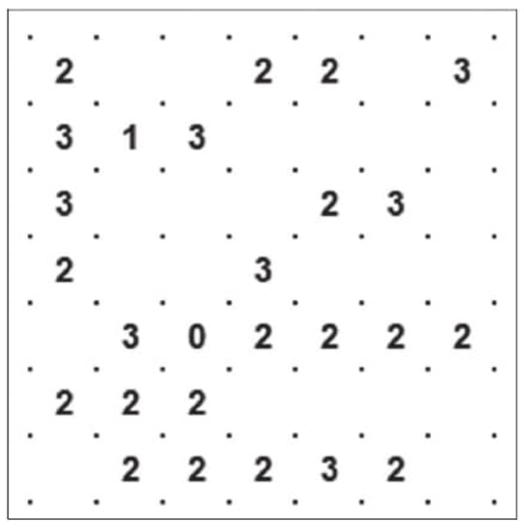
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



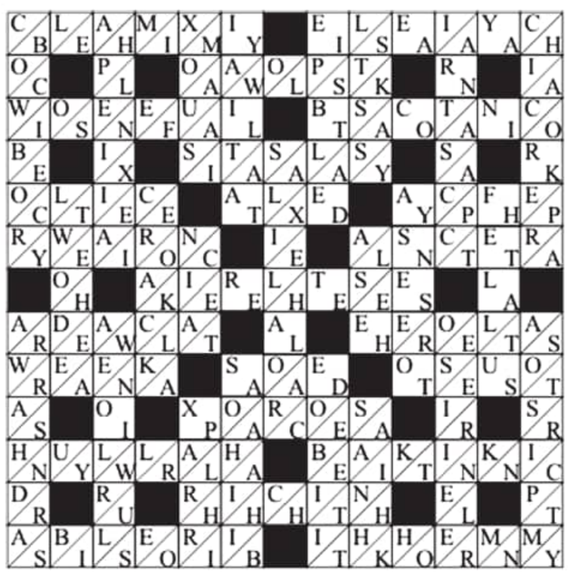
(Fig A)



(Fig B) Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5 S
6				
7				
8				
9				

ACROSS

1 Scars; 6 Charl; 7 True l; 8 No inn; 9 Dog as

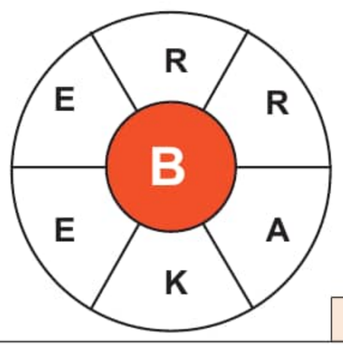
DOWN

1 CL gun; 2 At Rio; 3 An ear; 4 Cords; 5 NHS is

Mensapuzzle

Which letter is missing from the last star?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; **12** Good; **14** Outstanding

SudokuChallenge

1			4		8			7
		3	9		6	4		
	4	8				9	1	
	5						9	
2				7				1
	1						3	
	6	1				5	7	
		9	1		4	3		
3			6		7			2

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

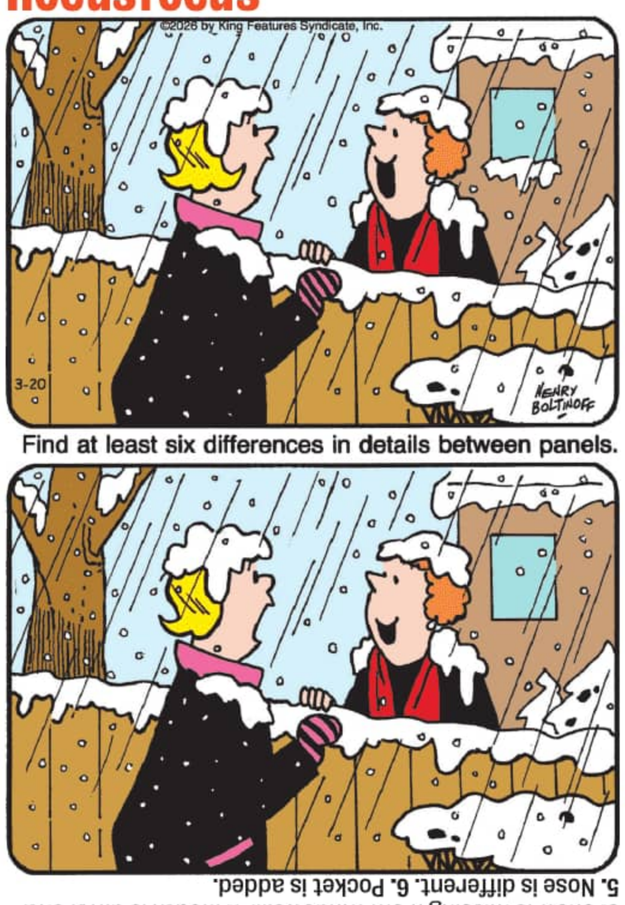
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 7
2 8 8 9

Medium = 18
2 4 4 9

Hard = 8
1 2 5 6

Hocusfocus



Find at least six differences in details between panels.

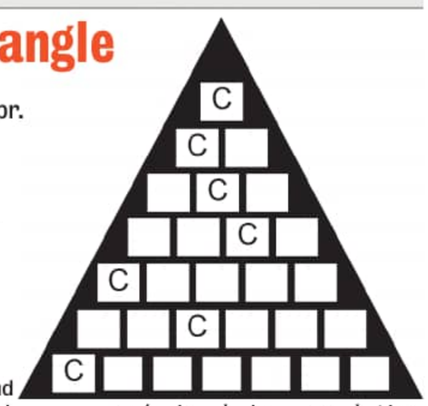
Differences: 1. Mitten is different. 2. Hair is different. 3. Snow is missing from windowsill. 4. Mouth is different. 5. Nose is different. 6. Pocket is added.

Riddler

When you behead a word, you remove the first letter and still have a valid word. You will be given clues for the two words, longer word first.

Alpha triangle

1 Vitamin type
2 Common Era, abbr.
3 Frozen water
4 Food grain
5 Bawls
6 Money in spades
7 Hold dear

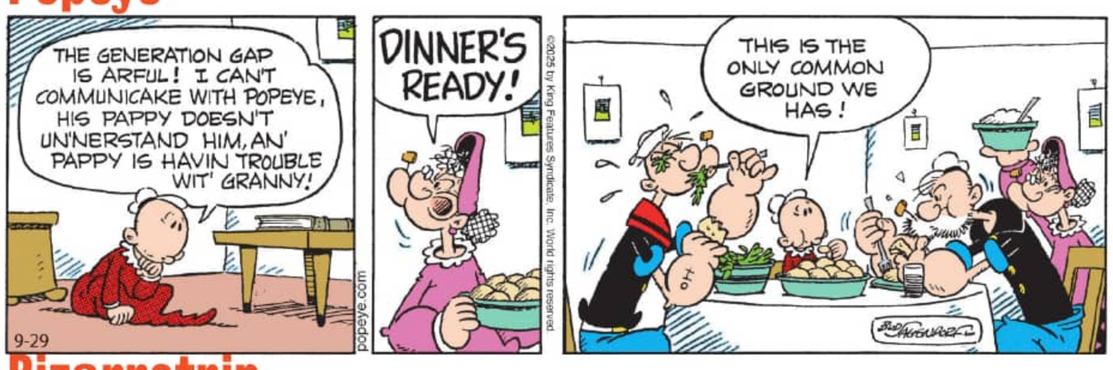


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


THE GENERATION GAP IS ARFUL! I CAN'T COMMUNICAKE WITH POPEYE, HIS PAPPY DOESN'T UN'NERSTAND HIM, AN' PAPPY IS HAVIN TROUBLE WIT' GRANNY!
DINNER'S READY!
THIS IS THE ONLY COMMON GROUND WE HAS!
9-29
popeye.com
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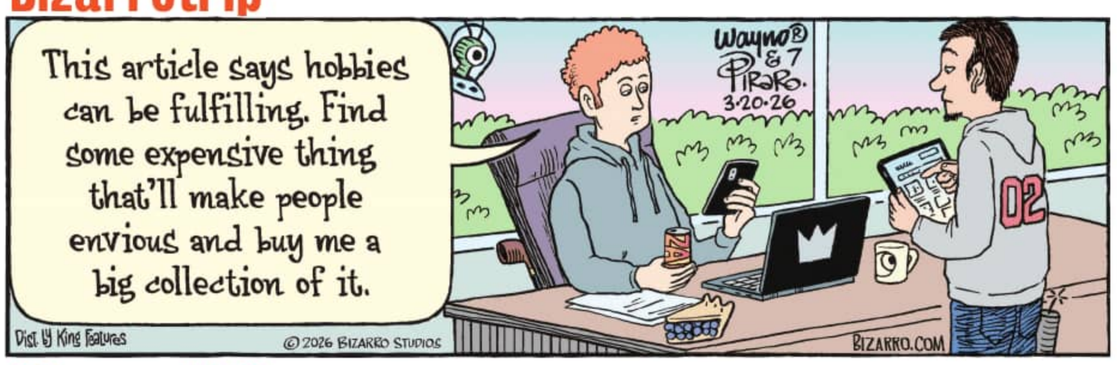
Bizarrotrip


This article says hobbies can be fulfilling. Find some expensive thing that'll make people envious and buy me a big collection of it.
Wayno & Piraro 3-20-26
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Diamond Lil

WELL, I GUESS IT'S THAT TIME OF YEAR AGAIN!
I JUST SAW THE FIRST SIGN OF SPRING TODAY!
A ROBIN?
NO, THE GUY PLOWING MY DRIVEWAY WAS WEARING SHORTS!
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3/18
www.creators.com

Hart of the city

DUDE! YOU TOTALLY MISSED YOUR CHANCE TO ASK HEART TO BE YOUR GIRLFRIEND. SHE'S ALREADY VISITING YOU AFTER SCHOOL!
HEART KNOWS I LIKE HER AND STILL HANGS OUT WITH ME AS FRIENDS. DO YOU KNOW HOW LUCKY I AM?
I'M NOT RUINING OUR FRIENDSHIP OVER A CRUSH.
HEART OF THE CITY © 2026 ANDREWS MCMEEL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

LIKE I SAID... I DID DRAW ONE WEEK OF STRIPS ON A COMPUTER SCREEN...
BUT IT WAS LIKE DRAWING ON GLASS WITH A BALLPOINT PEN.
I WANTED TO FEEL WHAT MILTON CANIFF FELT!
© 2026 Mediagraphics, Inc. Dist. by Andrews McMeel Syndication
BATIUK & DAVIS
tombatiuk.com/books
wacom
3-20

Mutts

I NEED HELP.
I SEE YOU CAN BUILD BIG MALLS, HUGE MANSIONS, GIANT OFFICE BUILDINGS...
CAN SOMEONE PLEASE BUILD ME A FOREST?
mutts.com
3-20

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

This year marks the beginning of a brand-new chapter. You will feel a strong surge of independence that pushes you to launch a passion project or step into a leadership role. Trust your instincts; your ability to initiate change is your greatest asset right now.

Aries Mar 21–Apr 20

Finding happiness in simple moments can feel liberating, Aries. Release the urge to control every outcome or predict details. Work with others, overlook small problems, and remember urgency is often exaggerated.

Taurus Apr 21–May 20

You are doubly supported by divine forces, Taurus. Angels and guides remind you of your worth. Expect soul growth, karmic clearing, and transformation. Accept care, trusting this journey serves evolution.

Gemini May 21–Jun 21

Practice patience, Gemini. Intuition is leading toward your ideal future, despite comparisons with others. Reconnect with your true desires, follow what inspires you, and trust support surrounds every step.

Cancer Jun 22–July 23

Take a breath, Cancer. You already possess everything needed for this chapter. Focus on maintaining your energy, nurture relationships, trust your feelings, and allow supportive changes to unfold naturally.

Leo Jul 24 – Aug 23

Your caring heart keeps you spiritually protected, Leo. Though vulnerability may feel uncomfortable, kindness creates powerful support around you and loved ones. Accept situations as they appear; answers aren't always action-based.

Virgo Aug 24–Sep 23

Life includes both ordinary and remarkable moments, Virgo. Enjoy today's simplicity as restoration. Constant activity isn't necessary; rest matters too. Seek guidance, watch for signs, then proceed when ready.

Libra Sep 24–Oct 22

Prioritize self-care, Libra. Your mind, body, emotions, and energy need attention. Use calming lavender scents, slow down, learn something new, and create balance between logic and feelings today.

Scorpio Oct 23–Nov 22

You are strongly protected, Scorpio. Angels and guides remind you of their presence. Show yourself compassion, continue moving forward, seek support from loved ones, and trust inner wisdom completely.

Sagittarius Nov 23–Dec 22

Rather than drifting into distractions, focus on what you wish to build, Sagittarius. Embrace your current circumstances as groundwork. Share love with life, stay visible, and attract kindred spirits.

Capricorn Dec 23–Jan 20

If deeper questions arise, Capricorn, look inward for guidance. Forgive yourself for doubting dreams. Move your body to clear thoughts, rest when needed, and refuse fear's influence today.

Aquarius Jan 21–Feb 19

If sensitivity feels heavy, Aquarius, remember it is a valuable gift. Let intuition guide trust, give freely when inspired, and treat your energy as precious, sharing it thoughtfully.

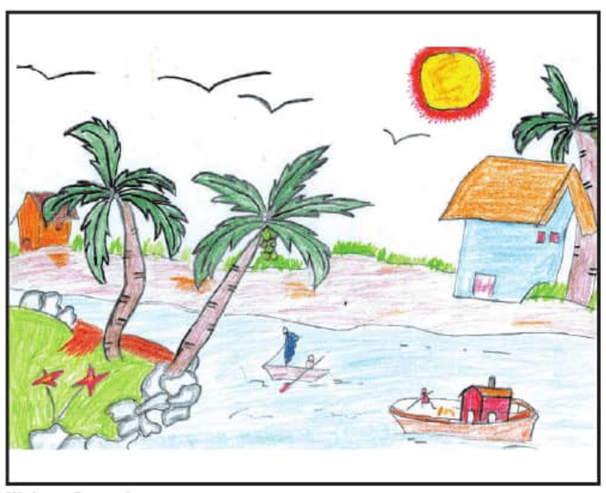
Pisces Feb 20–Mar 20

Trust divine timing, Pisces. Without pressure or deadlines, what path would you choose? Others appreciate your talents. Seek angelic guidance, use your gifts fully, and embrace unfolding magic.

www.sundeepkochar.com

KIDZONE

Athavara, Bengaluru



Kishan, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

(5^3 * 1) / 5^2
5^3 / 5^2 = 5

RIDDLER

1. Flight -> Light,
2. Flying -> Lying,
3. Fact -> Act,
4. Frank -> Rank

STRIKE OUT

A	B	S	O	R	B	■	T	H	O	R	N	N	Y	
D	■	U	■	R	I	C	I	N	■	E	■	P	■	
N	U	L	L	A	H	■	B	I	K	I	N	I	■	
A	■	O	■	P	A	R	E	S	■	R	■	R	■	
W	E	E	K	■	S	A	D	■	T	E	S	T	■	
R	E	A	C	T	■	L	■	H	E	E	L	S	■	
■	H	■	A	I	R	L	E	S	S	■	A	■	■	
Y	E	A	R	N	■	I	■	A	S	T	E	R	■	
O	T	I	C	■	A	X	E	■	A	C	H	E	■	
B	■	X	■	I	■	T	A	L	Y	■	A	■	K	
W	O	E	F	U	L	■	T	A	C	T	I	C	■	
O	■	L	■	A	L	S	T	■	N	■	A	■	■	
C	L	A	M	M	Y	■	I	S	A	I	A	H	■	

QUICK

■	■	S	■	P	■	S	■	E	■	D	■	R	■	H
S	T	Y	M	I	E	■	U	■	N	E	A	S	Y	■
■	C	■	I	■	W	■	H	■	E	■	I	■	■	G
O	I	N	T	M	E	N	T	■	B	O	R	G	■	■
■	D	■	E	■	S	■	R	■	■	M	■	■	■	■
R	E	E	F	S	■	G	A	L	A	H	A	D	■	■
■	I	■	■	D	■	V	■	S	■	■	■	■	■	■
W	E	L	L	S	E	T	■	G	I	A	N	T	■	■
■	B	■	■	D	■	S	■	L	■	R	■	■	■	■
N	U	M	B	■	D	E	G	R	A	D	E	S	■	■
■	N	■	A	■	O	■	U	■	N	■	V	■	■	■
C	A	R	T	E	L	■	L	O	O	K	A	T	■	■
■	D	■	S	■	P	■	S	■	M	■	T	■	■	■

MENSA PUZZLE

2. Going clockwise around each star increase in numerical values by 6, 7 and 8 spaces.

BULL'S EYE

bake, baker, bare, barer, bark, barker, beak, beaker, bear, bearer, beer, brake, break, BREAKER

SUDOKU

3	8	5	6	9	7	1	4	2
7	2	9	1	5	4	3	8	6
4	6	1	2	8	3	5	7	9
9	1	6	8	4	2	7	3	5
2	3	4	5	7	9	8	6	1
8	5	7	3	6	1	2	9	4
6	4	8	7	2	5	9	1	3
5	7	3	9	1	6	4	2	8
1	9	2	4	3	8	6	5	7

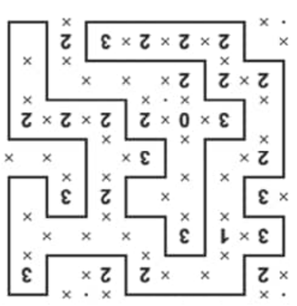
ALPHA TRIANGLE

C, CE, Ice, Rice, Cries, Riches, Cherish.

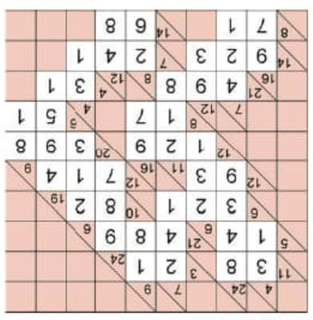
GO FIGURE

8 - 8 + 9 - 2 = 7
6 + 5 - 2 - 1 = 8
Easy
2 x 9 + 4 - 4 = 18
Medium
Hard

LOOP



KAKURO



FAST FIVE

C	R	A	S	S
L	A	R	C	H
U	T	E	R	I
N	I	N	O	N
G	O	A	D	S

QUOTE UNCODE

The poor dog, in life the firmest friend.
The first to welcome, foremost to defend.

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SRI DIAGNOSTICS

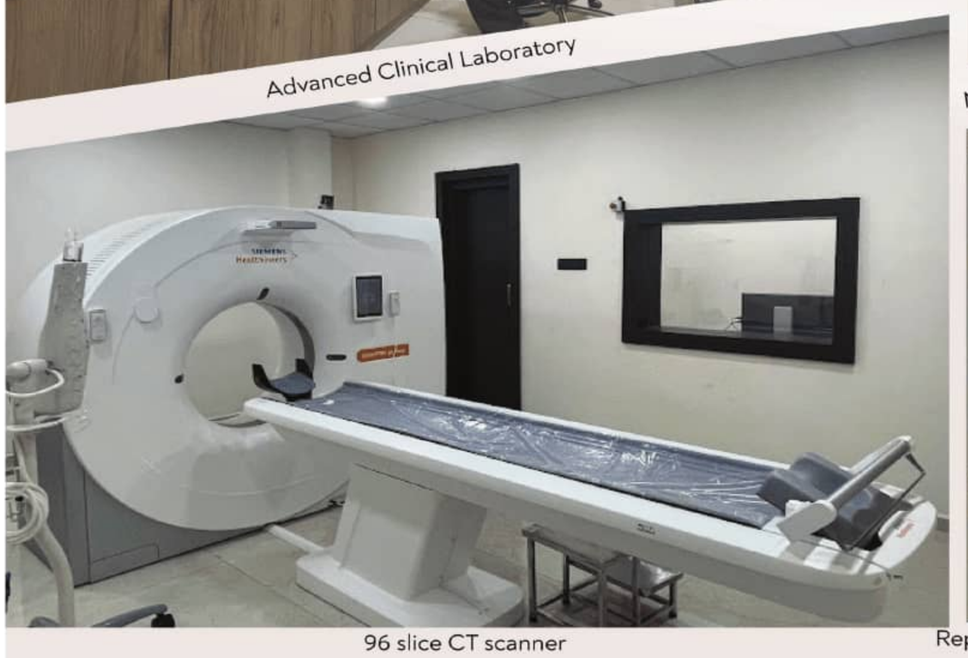
RADIATING STRENGTH RADIATING HOPE

Happy National Doctors Day

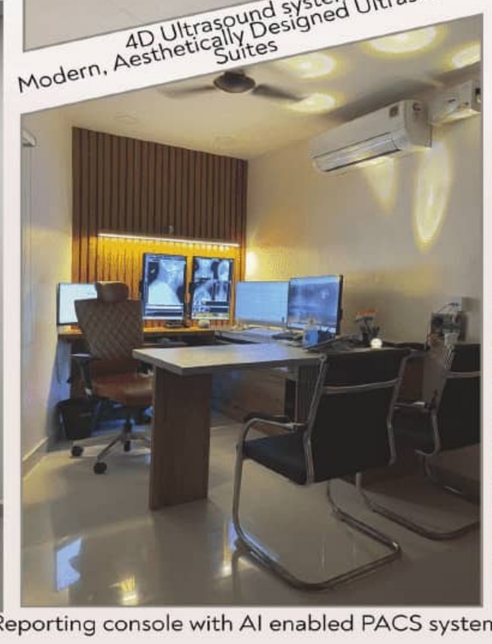
With heartfelt respect and appreciation to all doctors for their unwavering dedication, compassion, and service to humanity.

Advanced Clinical Laboratory

4D Ultrasound system
Modern, Aesthetically Designed Ultrasound Suites



96 slice CT scanner



Reporting console with AI enabled PACS system

96-Slice CT | 4D Ultrasound | Digital X-Ray | Blood Tests | ECG | TMT | 2D Echo | 24 x 7 service

MD Radiologists from reputed Medical Universities - Fellowship-trained Fetal Medicine specialist on our team - Round-the-clock CT, X-Ray & Laboratory services.

For a Healthier Tomorrow

Your health is your greatest wealth. Regular health check-ups, early diagnosis, timely treatment, and a healthy lifestyle can prevent many serious illnesses. Don't wait for symptoms to appear-prioritize preventive healthcare, stay physically active, eat a balanced diet, and consult qualified medical professionals whenever needed.

"Early Detection. Better Treatment. Healthier Lives."

"ನಿಮ್ಮ ಆರೋಗ್ಯ ನಿಮ್ಮ ಜವಾಬ್ದಾರಿ — ಇಂದೇ ತಪಾಸಣೆ ಮಾಡಿಸಿ."

Scan for location

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